

Toufe Bred Mouroum

Ingredian: bred mouroum,
lay ek pima sek, inpe disel ek delwil

Resipian: karay

1. Triye ou bred mouroum, tir so fey enn par enn
2. Met karay lor dife, azout delwil, les li sofe bien
3. Azout pima sek ek lay, inpe disel selon gou
4. Azout tou ou fey bred mouroum
5. Tourn li, les li frir ziska li'nn ramoli
6. Li al bien avek lezot pla ek enn bon satini



**CHAGOS:
Cultural Heritage
Across Generations**

Sautéed Greens

Ingredients: *mouroum* leaves (*bred mouroum*), garlic, dried chillies, salt, oil

Utensils: deep frying pan (*karai*)

1. Pick your *bred mouroum*, cull the fresh leaves
2. Place the *karai* on fire, add oil and let it heat
3. Add the dried chillies and garlic; salt to taste
4. Add the *bred mouroum* leaves
5. Stir-fry until they wilt
6. Serve with other dishes and a tasty chutney



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